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# the Daglightale

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## Final Stretch

### Augustana Honors Students and Staff

By Nihal Tiltmamer, Co editor

On the 31<sup>st</sup> of March 2008, the University of Alberta's Augustana Campus held its Annual Leadership Reception honoring students' leadership on campus. The event is conducted every year in honor of students and members of staff who go the extra mile in serving Augustana's community. Conducted in the Augustana Chapel, this year's leadership reception was presented by Augustana Faculty Dean Dr. Roger Epp, who thanked students for showing exemplary leadership. He put emphasis on collective leadership in taking Augustana Campus to greater heights. He added that he expects students to "be more than spectators," describing collective involvement as the way of "building academic community."

Dr. Epp also praised Dr. Gerhard Lotz, Augustana's Physics Professor, who has been named as the 2008 recipient of the Murray Lauber Distinguished Service Award. Epp described Lotz as a person who "exemplified in a real significant way." He said the award was a "measure of respect he has earned as a teacher, coach and colleague."

The awards given during the ceremony included the Onesimus

Service Award, Heather Roxanne Huber Memorial Award, Laurence Decore Award, Betty Ostenrud Staff Award and Betty Ostenrud Faculty Award.

The Onesimus Awards are given annually in recognition of selected third and fourth year students who exemplify "faithful, dedicated service to the well-being of Augustana." Co-presented by Augustana Chaplain Rev. Craig Wentland and Chaplaincy Assistant Robyn Simpson Mohr, this year awards went to Kylie Amdam, Brittany Chappell, Amanda Chytrcek, Meredith Easton, Chelsea Halvorson, Christa Hanson, Neil Looren, Ryan Mason, Thomas Mauthe, Dylan McConnell, Maria Millang, Kimberly Ross, Andraea Sartison, and Lauren

Tollifson.

Announcing the recipients of the Onesimus Awards, Rev. Wentland said, "It is an honor for me to be here this

evening to co-present with Robyn Simpson Mohr the 2007-2008 Augustana Onesimus awards. You, the Honors continued page 5



Above and Below: Augustana Faculty let their hair down or put it up for the biennial Faculty Follies. Students were delighted and some of the skits were even in good taste.



As we all start to crunch for those exams and pull the late nights for those term papers you might find yourself venturing into a daydream of the summer to come, perhaps getaways to such locations as mountains and hot springs. There in the hot springs lies something that truly is in hot water that you probably don't know even exists. Let's venture more specifically into Banff National Park and the hot springs that are on Sulphur Mountain (the mountain located right beside the



town site of Banff, that also has the Banff Condola! Here in seven of the natural occurring hot springs is a creature that goes unnoticed by many. Its name *Physella Johnsoni* or more commonly called the "Banff Hot Spring Snail". Now this little guy is about the size of a popcorn kernel, and only lives in the hot springs on Sulfur Mountain in Banff National Park. This species was actually discovered in 1926 but no one actually took the time to study the little guy (actually it's neither guy nor girl, more or less they are hermaphrodites) until 70 years later in 1996. Then in 1997 this little critter

Water continued page 11

## U of A Terminates Use of Credit Cards for Tuition Payment

In his reaction, Adam Reid, a second year student at Augustana

There are other groups such as "Return Credit Card Tuition Payment," proposing the move; however, Dare to Deceive received criticism even from students for being too militant, combative and impolite in their approach. Return Credit Card Tuition Payment has 3, 673 members, almost tripling the 684 members of Dare to Deceive.

*Credit continued page 10*

Friday, April 18							Friday, April 19
Fri., April 18 9:00 a.m.							Sat., April 19 9:00 a.m.
AUBIO 11081	AUART 10281 in A024	ALMUS 25681 in C103	AUCHE 33081	AUBIO 41381	AUBIO 34381	AUING 10481	AUGER 20281 in H080 AUSPY 21381 AUSOC 10381 AUSTA 21381
AUBIO 39081	AUBIO 13081	AUPOI 10482	AUCSC 12083	AUCHE 25281	AUCSC 33081	AUGER 20281 in H080	
AUCHE 32081	AUBIO 26081	AUREL 20881	AUECO 10181	AUENG 10484	AUCSC 39381	AUSPY 21381	
AUECO 10281	AUBIO 15881		AUENG 10487	AUENG 10282	AUMAT 10781	AUSOC 10381	
AUSOC 34181	AUCHE 27781		AUENY 12081	AUMAT 12081	AUMAT 11282	AUSTA 21381	
AUENG 10482	AUCSC 31082		AUGIO 12081	AUPED 16081	AUSOC 10381		
AUENY 34181	AUENG 10381		AUHIS 32281	AUPSY 26381	AUSPY 27181		
AUGRE 10281	AUENG 45081		AUHIS 42882	AUSOC 23381			
AUMAT 33081	AUGIO 33682		AUMGT 31081 in A121				
ALMUS 36181 in A024	AUPED 34281		ALMUS 16081				
AUPIB 10281	AUPHY 26081		ALMUS 22681 in A024				
AUSPY 12081	AUREL 28381		AUPOI 24181				
AUSOC 26281			AUSPY 47782				
Fri., April 18 1:30 p.m.							Fri., April 25 1:30 p.m.
AUART 22181 in A024	AUCLA 10281	AUBIO 27582	AUBIO 29482	ADART 26081	AUECO 35681	AUCHE 11282	AUECO 10282 AUENG 10488 AUENG 21182 AUMAT 31182 ALMUS 25081 AUSPY 10284
AUECO 25181	AUENG 10486	AUCRI 22581	AUCHE 11281	AUCLA 29181	AUECO 45681	AUECO 30081 in H090	
AUENG 10382	AUMAT 21281	AUDRA 20181	AUENG 10483	AUHIS 26181			
AUENY 12381	AUPED 27581	AUECO 20481	AUENG 21482	AUENG 25081			
AUREL 26281	AUPOI 10481	AUENG 10485	AUGER 10281	ALMUS 22981			
AUHIS 33781	AUSPY 30181	AUENG 23381	AUGER 30281 in H080	AUMUS 32981			
AUGAT 20481		AUENG 13381	AUHIS 20281				
AUMAT 40881		AUENY 42181	AUPED 21481				
ALMUS 16281 in C103		AUGIO 42181	AUPED 24181				
AUPED 31482		AUHIS 45481	AUPED 46281				
AUPHY 34081		AUPED 34681	AUPHY 10181				
AUPHY 46081	AUPRI 21081		AUPHY 10481				
AUPOI 32381	AUPOI 32481 in M020		AUSOC 10581				
AUREL 19081	AUPOI 42481 in M020		AUSTA 15381				
AUSPA 10281 in F104	AUSPY 34081						
	AUSOC 22581						
Friday, April 18 6:30 p.m.							Friday, April 25 6:30 p.m.
AUEFX 20081 in M020		AUSPY 102X3		AUSOC 371X3		AUENG 241X3	AUENG 341X3 AUSPY 256X3
AUEFX 20181 in M020		AUREL 257X3					

1. Unauthorized materials, including cell phones, must be left outside the examination room.
2. Students may not enter the examination room earlier than five minutes before the testing begins.
3. Students may not enter the examination room more than 30 minutes late except with the permission of the instructor.
4. Students may not leave the examination for the first 30 minutes unless in an emergency. Any test materials must be left with the proctor.
5. Students must remain seated until they are ready to turn in their examination papers.

If you have three examinations in one day or two exams at the same time, see the Registrar immediately. If you must be absent from an examination because of illness, please inform the Registrar as soon as possible. A University of Alberta Medical Statement signed by a treating physician will be required.

# Fair Trade: What You Should Know

By Tif McNaughton

I had the chance to talk to Anne Hillson, who works with Cafe Concencia here in Quetzaltenango (Xela). Cafe Concencia works with Guatemalan cooperative communities producing organic fair trade coffee. In addition to selling and promoting the products of the groups they work with, they also provide support in developing other community projects and facilitate ecotours from Xela, hoping to show consumers the benefits of fair trade first hand, and give producers an opportunity to, literally, know their market. After St. City Roasters' presentation on campus last fall, I was curious to learn a little more about fair trade coffee. It seemed a rather distant, theoretical reality sitting in Camrose, a rural equation with obvious answers. But here in Guatemala, where coffee exports are the livelihood of people I sit on the bus with, and see in the countryside, it is all rather obvious that these people deserve social and economic justice. And that it's a

complicated issue.

While Sara Lee, Kraft, Nestle and Procter-Gamble control mainstream production and sales of coffee worldwide, fair trade is growing in popularity every year as an alternative to big business and their unjust practices. And yet, the point of fair trade is not to simply demonize the corporate model and claim to be above it. Gory statistics on capitalism and consumer patterns aside, what does fair trade, done well or otherwise, mean to the producer?

Café Conciencia, as our example, work directly with local communities to support the production and sale of their roasted packaged coffee locally as well as in Canada and the US. They work with four coffee producing communities and with two other communities on a potable water project. Local leadership and the small international staff focus their work together on solidarity and support. Although these two concepts are at the center of the fair trade movement in theory, Anne explained to me that not

all fair trade certified coffee sources are given the same treatment from their buyers. Unfortunately, the familiar black and white label on our fair trade products does not always mean that producers enjoy a fair rate of pay and perfect working conditions.

Anne cautioned that if a finca (coffee producing farm) does not have strong local leadership advocating for its workers and seeking out committed, direct markets, the workers could still be taken advantage of. The certification process does cut out some of the conventional middle men, but not all of them, and while ensuring a certain amount of accountability, it does not guarantee market access: producers must seek out long-term buyers themselves. In addition to the costs involved in processing and selling the products, producers have to pay annual fees to maintain their fair trade (and organic, if their products are organic) certification. Given those expenses, the Fair Trade minimum price is effective only when the conventional market price of coffee is

Here are some websites you might find useful and more interesting than studying for finals:

[www.cafeconciencia.org](http://www.cafeconciencia.org): Info about CC's work, and many interesting links

[www.stcityroasters.com](http://www.stcityroasters.com); including descriptions of their various certifications

[www.santaanitafinca.com](http://www.santaanitafinca.com): the community mentioned above

[www.kickinghorsecoffee.com](http://www.kickinghorsecoffee.com): the company sold by co-op and Fiona's

below it. Fair Trade certified producers do well by comparison, only because most (non-certified) coffee producers are making very little money.

Fair trade done well, however, is not uncommon. The community of Santa Anita is one of the success stories Caca Conciencia is connected to. In 1996 Guatemala's civil war officially ended. In addition to the frightening death toll of more than 200,000, more than 1 million Guatemalans were displaced. A group of ex-guerrillas who could no longer return to their homes were given the rights to purchase an abandoned plantation from the government on a low interest rate. A decade later, this community of 32 families from various Mayan backgrounds features infrastructure such as roads, plumbing and electricity, schools also serving outlying areas, and organic coffee and banana production supporting many people in the community. Santa Anita also hosts two groups interested in seeing fair trade organic coffee production, developing a face to face rapport with their customers. Their buying partner, Cooperative Coffees, has an excellent reputation for transparency and appreciating their producers.

Anne called the difference between Santa Anita's experience and the less effective fair trade model the mission vs. market dilemma. Consumers faced with the fair trade symbol are purchasing either mission or market driven fair trade products. Market driven companies, in one sentence, want your guiltless money. Mission driven businesses believe all trade should be fair, truly considering the experience of the workers they buy from, and developing real relationships with their producers. They promote the relationship model of business management. Like St. City Roasters and their presentations on the values and practices, they tend to have a straight forward buying process and most importantly, they are willing and happy to discuss their paper trails. Transparency is key in practicing ethical business. Fair trade certification does not require this level of accountability to the consumer, but it is key in allowing us to take one more step towards making ethical consumption choices.

Essentially, as Anne put it, the point is to realize that alternative trade is possible, changes can happen; "it's possible to change how we consume, and put the people we buy from ahead of what we're consuming". Fair trade certification is not without its problems, but it's a start. Getting to know the companies

Trade continued page 10

## License To Nils

By Nils Anderson

A strip based on some of the biathletes and what Nils does with his time. Continued from last issue.



WELL ITS BEEN A SLICE -  
SO LONG AUGUSTANA!

ANDERSON



Want to say something...

# Opinion

...We'll listen

## Cafeteria Food: Why You In Defense of the Cafeteria

By Kendra Nelson

The freshman fifteen is something most college students find hard to avoid. With all the college drinking and stress-eating it can be inevitable. Weight gain is not only for first year college students to worry about, but everyone on the cafeteria program is at risk of unhealthy eating and over eating. With the high calorie, high fat, and high carbohydrate meals and impractical serving times it's no wonder students find it difficult to maintain their original body weight. It's not just weight gain that we need to worry about, but our health and even the way we feel. So, perhaps it's time to make some changes to the menu and be provided with healthier portion sizes and selection.

It is understandable that one must be responsible for their own well-being, however being tempted by deep fried foods on a daily basis makes it difficult. It seems that students are eating more fries and taters and pouring on more gravy than they normally would at home. Take a look at any weekly menu at the Augustana cafeteria and nearly every meal contains a large amount of grease and carbohydrates, or just a generally unhealthy choice for a meal. For example, pancakes, sausage, burgers, fries and gravy, hot dogs, nacho chips, sour cream, and the list could go on.

One way students could be responsible for their own health is having the nutritional information of each meal and approximate portion size within their reach. If this information were provided, it would be easier for students to make healthier selections at mealtime and cut out excess

calories. It is easy to ignore the fact that greasy foods are bad for you when you do not have the knowledge of their calorie or fat content, but when you know you might be more inclined to refuse fries and gravy at that one meal and possibly save it for Friday.

According to Health Canada ([http://www.hc-sc.gc.ca/nr/an/food-guide-aliment/basics-base/quantif/index\\_e.html](http://www.hc-sc.gc.ca/nr/an/food-guide-aliment/basics-base/quantif/index_e.html)), our approximate age group should be consuming 7-10 fruits and vegetables in a day, 6-8 grain products, two milk products, and 2-3 meat products. It is obvious that these standards are not being met at the Augustana cafeteria.

Gaining weight from this high calorie, high fat foods is not the only problem students face. Eating this way, especially over an extended period of time, can alter our energy levels and overall, affect the way one feels. This diet can make one have low energy levels and feel tired. Other effects include being in a generally bad mood. And not to mention, it doesn't exactly raise your self-esteem when at the end of the year you require almost a completely new wardrobe so you can actually fit into something.

Some may argue that there are healthy choices for our students to choose at mealtime. It is true that fresh vegetables and dressing is provided at lunch and dinner, however if you don't particularly care for salad and vegetables, you're out of luck. Even on the low-fat diet you are still subjected to the same foods, however most just skip the deep-frying step. The cafeteria also provides oranges, bananas, and apples on a regular basis, however plums, pears, nectarines and other assortments are not available. It is a

very narrow selection to choose for healthy foods and meals and there is absolutely no effort on behalf of the cafeteria to choose healthier low-calorie, low fat options for food. Dressings and sour cream should be offered in reduced fat and the peach and apple juice could be offered with less sugar. And why students cannot have the healthier vegetarian meal option unless they're on the program is a question often raised. Students should have the right to choose what they consume.

Portions sizes are blown out of proportion at the cafeteria. For example, isagana night, one gets what would be almost half a dish at home, and I'm sure the cafeteria serves the biggest tortillas found in Mexico. With the amount of food available and an open buffet style, students grab whatever catches their attention at the time. Then they sit down with enough to feed a small village. This is caused by having to wait hours to have food available to them. Most students are often starving by the time these meals are served and they go in with the mentality of "I am not going to be fed again for about five hours, so I'd better eat a lot so I don't get hungry in between meals." This causes students to take an abnormal amount of food, more than what they normally would take.

Another reason students may be binging the way they do is because of the times the meals are provided and how often. There have been studies that humans are meant to "graze", meaning eat little and often. With our structured three meals a day, it's not entirely possible to do this. Providing dinner from five to six is also detrimental to our eating

By Nathan Cole

Kendra has a lot of really important concerns that go ignored even when we know better.

But I think that blaming this on the cafeteria is too easy.

First off, there is the salad/veggie bar. There is always a wide variety of clean, fresh vegetables in good condition. It doesn't be the entirety of the meal but even a side of vegetables can help a lot. Eating in the cafeteria, I don't get the impression that very many people even take the effort to, say put lettuce on hamburgers. But it is true that raw vegetables aren't to everyone's taste. And it isn't really fair to say that Canada Food Guide standards aren't being met, when plenty is provided from each food family and customers only take the

habits. Generally, most students are nocturnal, and therefore by about ten or eleven we have gone a good 5 hours with out food and our bodies are calculated to eat every four hours.

Therefore meal number five comes into play and its usually purchased by the local 7-11, and we all know how healthy that is for you. Then on weekends, if you are an early riser, you have to wait sometimes hours to get brunch at noon. And the last I checked brunch is a word meaning "a late morning meal eaten instead of breakfast and lunch", which is interpreted as being served between ten and one. Overall, meals should be served for an extended period of time or at least some sort of snack provided throughout the day to prevent these unhealthy eating habits.

Being a cafeteria goer myself, I have often had complaints on how the cafeteria is run and I

greasy meat and carbohydrate dishes. Unless you'd prefer that the cafeteria manage your plate for you entirely (i.e., everyone gets salad for sure).

Second, portion sizes are usually large. But you can get a half or smaller portion quite easily just by asking the servers (if you're there during peak times and they're around). I do it often to get, say, a burger without fries.

It would definitely be healthier, not to mention more pleasant and convenient, if the cafeteria had food out all the time (although it would make no difference to me, being an off-campus student who eats in the caf fairly often). Or even just if there was an evening snack, because 5:00 supper is really early and breakfast is easy to miss. These are difficult and would bring costs up (if nothing else,

you have to supervise so that people like me who aren't entitled don't wander in).

Lack of options is also unfortunate, but I remember a few years ago a student group measured the waste food generated by the cafeteria (and there was a lot). How much food waste would there be if the caf made three dishes for each student at each meal? Or would you be happy if they just made a limited number of each dish, and they ran out of the one you wanted?

Finally I want to say that anyone who would like a change to the cafeteria should talk to the staff, especially Lias. She's mentioned to me that she'd love to hear more input from students. They are trying to make meals that students want to eat, and if they fall short, you should tell them rather than grumble.

## An Editor Signing Off

Thank you, Augustana, for the chance to be a Dag editor. It was a lot of work but I learned a lot.

Thanks everyone who ever submitted something, and thanks again to anyone who submitted twice. And more thanks for more. And a special thanks to everyone who's still a friend despite me squeezing for content.

Good luck to your editors for next year, Nihal Tittamner who is returning, and Chris

Noal, who is new. Please be good to them.

Two men once went fishing, and each caught a fish. The first man did not believe in himself and thus ate his fish immediately. But the second man believed in himself and kept his fish. He traded it to a one-armed man for a shovel, and he used that shovel to dig a network of ditches that spanned the nation.

And I'm spent.

-Nathan Cole

am not alone. Many students find it concerning on what they find their selves consuming and believe there has to be a better way for our university cafeteria to provide the student population with their daily meals. It is understandable that there may not be a complete change made instantaneously,

however over time it should be manageable to make changes that benefit the health of our students. I and many others would like to challenge the cafeteria to create healthier meals and better the food options for the students of now and the students of the future.

**Honors**  
continued from front page  
people in this room  
through your dedication  
to service and leadership,  
truly understand what  
Augustana is about."  
Rev. Wentland said that  
"Onesimus is a biblical  
name which means  
useful," saying those  
receiving the awards  
"have been deemed by  
Augustana to be useful."

"This may not  
sound like high praise  
but it sure beats the  
alternative," he added.  
Onesimus Awards are  
given by Augustana  
Chaplaincy every year  
during the annual  
students' leadership  
reception.

Heather Roxanne  
Huber Memorial Award  
was presented by Karen

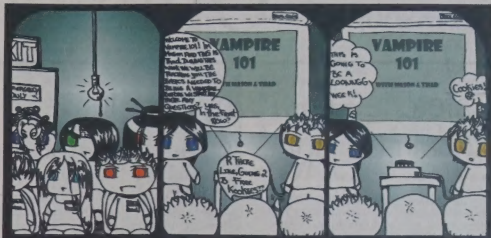
Wedel, Augustana  
Students' Association VP  
for Students' Life. The  
award went to Kerry  
Algar, who she described  
as an "individual [who]  
truly represents students  
... level headed, fair but  
firm, hard working and a  
delight to be around."

"He is very reliable,  
always willing to stay  
late and put the extra  
effort in. Whenever  
something goes wrong  
with an event, or where  
student input is needed,  
he is one of the first  
people I call for advice.  
He is a genuine person  
with a big heart," said  
Karen, who has served  
for several years with  
Kerry in the students'  
council.

"His commitment  
Honors continued page 8

## Garlic Sauce

A cynical view of the vampire world



### Garlic Sauce: The Do's and the Don'ts



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## The African Children's Choir

Wednesday April 9th 7:00 PM  
Augustana Gymnasium  
Free Admission

Hosted by Augustana Against Aids and  
Augustana Chaplaincy

# Augustana Fencing Club's Theatrical Swordplay Workshop

Swords were swung the afternoon of Sunday March 30. Maneuvers and strategy were disseminated, and the importance of footwork was heavily emphasized. Secrets of Hollywood magic were unveiled before wondering eyes, the intimate connection of sports colors to medieval heraldry was explained, and everyone learned the importance of carrying multiple weapons into battle as a precaution against loss and breaking.

At the request of the Augustana Fencing Club in association with the Drama Department, Sir Thomas of the Knights of the Northern Realm traversed the highways to Augustana from Edmonton to deliver a theatrical swordplay workshop. Deeply knowledgeable in a wide range of areas from 14th Century history to how they made the Lord of the Rings movies, he was able to give students a sense of life in Europe in the Middle Ages, noting that Europe has a tradition of martial arts equally as deep and powerful as the martial arts traditions of Asia,

although Asian martial arts have been popularized in movies and video games and are generally assumed to be superior. When asked the penultimate question of geeks everywhere, "If a knight fought a samurai, who would win?" his response fell strongly in favour of the knight. Following this he went on to provide insight into swordplay within the movie making process, drawing on numerous examples from the Lord of the Rings to Conan the Barbarian. He further went on to outline a brief history of the evolution of swords themselves, explaining a process that started with a simple short sword and led to the modern day machete, all the while once again drawing on many relatable pop culture references ranging from video games like Baldur's Gate to role-playing games such as D&D.

At this point the workshop became hands on, and swords were distributed. Sir Thomas walked us through a variety of techniques. These included a five point attack simply



Above: Sir Thomas instructing students



Above: Choose your weapon: practice swords on the bleachers

Left: Sir Thomas describes the weakpoints in a suit of armour

Upper Right: At the ready!

Bottom Left: Overhead attack

Bottom Centre: The Queen's Guard in action.

Bottom Right: the Queen's Guard again.

termed the English Five, and an eight point attack and defence sequence which included such manoeuvres as the St George, Iron Gate, Bastard Garnett, Window, and the Queen's Guard. He described the use of these techniques in a theatrical sense, noting the eight point sequence as a cornerstone in the movie making process. Students paired off and for a good hour engaged each other in practice while Sir Thomas wandered around offering assistance and advice. Following this he demonstrated a variety of more complicated techniques as he practices them with his group in Edmonton, and

described further history of the time period in response to being questioned by students. The workshop finished with the display of a suit of period armour on a stand and an in depth exploration of the ins and outs of wearing such armour.

Sir Thomas is part of The Knights of the Northern Realm, a living history group from Edmonton. Among other things, they provide demonstrations at a variety of medieval festivals each year across the province, work with TV shows and movies as requested, and offer swordplay classes year round at their Hall in Edmonton. Their website is <http://www.knightsofthenorth.ca/>





# Augustana Anime Club's Year in Review

This year the Augustana Anime Club hosted four major events. The first of which was our annual Halloween party. As usual the club watched movies to celebrate this event. However, a break from the traditional occurred when the idea was put

forth to watch movies that were scary for a very different reason. So this year the club watched badly dubbed action films and horribly delightful comedies.

Next came our annual games night. Once again the Club was lucky to be able to offer

participants a chance to play a variety of systems, including the PS3 and the Nintendo Wii. But this year we brought back an old favorite: the original Sega, with such hits as Street Fighter. Good times.

Then the club held a cosplay badminton

tournament. For those unfamiliar with the term, "cosplay" is dressing up as your favorite fictional character, and pretending to be them. Since the Club is aware of how most people don't enjoy cosplay, the event had two winning categories, best cosplay team and best badminton team. The tournament was small but exciting.

And of course, the final event. The Japanese Animation Festival, which could not have been held without the support of local business (once again, thank you!). This year featured a variety of anime previews, but more exciting was the voice-acting workshop with Debbie Monroe, Tom Edwards, and Cole Howard. On Sunday, the

improvisation troupe known as the 404s delighted their audience with a spectacular performance. And of course, the festival featured the usual draws with a wide variety of prizes up for grabs.

Hopefully next year will be as great as this one.

-Nicole Henry



Above: Happy Japanese Animation Festival goes.

Right: Games Night in November, Sinash Brothers station.

Below: Cosplaying Ed and Ner at the Cosplay Badminton.



Middle Right: Cosplay Badminton group shot

Lower Right: November Games Night winners

Below: Another shot from JAF



# Sports

## Augustana Faculty, University of Alberta COLOUR NIGHT Award Recipients 2007-08

**Men's Volleyball**  
Most Valuable  
Jon McCorquindale  
Most Improved  
Steven Jeffery  
Most Dedicated  
TJ MacCarahan

**Women's Volleyball**  
Most Valuable  
Melissa Woychyszyn  
Most Improved  
Catherine Altares  
Most Dedicated  
Kristin Harriman

**Cross-Country Skiing**  
Most Valuable  
Nils Lokken  
Most Valuable  
Sarah Murray  
Most Improved  
Nils Lokken  
Most Improved  
Sarah Murray

**Men's Basketball**  
Most Valuable  
Mike McCorquindale  
Most Improved  
Bryn Petch  
Most Dedicated  
David Ness  
Best Defensive  
Brendin Huculak

**Women's Basketball**  
Most Valuable  
Jessica Binder  
Most Improved  
Sara Chappell  
Most Dedicated  
Natasha Nagy  
Best Defensive  
Megan Hogendoorn

**Curling**  
Most Valuable  
Kendall Warawa  
Most Valuable  
Sayler Henitiuk  
Most Improved  
Joshua Pratt  
Most Improved  
Lindsay Reder  
Charles Morter Award  
Sayler Henitiuk

**Cross-Country Running**  
Most Valuable  
David Ball  
Most Improved  
David Ariel  
Most Valuable  
Kathryn Stone  
Most Improved  
Patricia Leighton

**Men's Hockey**  
Most Valuable  
Dustin Claffey  
Most Improved  
Neil Maisonneuve  
Most Persistent  
Joel Jackson  
Rookie of the Year  
Stephen Cavanagh

**Biathlon**  
Most Valuable  
Nils Anderson  
Most Valuable  
Alicia Hurley  
Most Improved  
Connor Marsh  
Most Improved  
Kathryn Stone  
Anna Apel

**Athlete of the Year**  
Nils Lokken

**Athlete of the Year**  
Jessica Binder

Below: Male Athlete of the Year, Nils Lokken in Cross Country Skiing



Below: Female Athlete of the Year, Jessica Binder in Women's Basketball



*Honors continued from page 5*  
to Augustana and its students over the past four years is why he is the perfect candidate for this award," she added. She said Algar has been described by his peers as "a quiet, but witty leader, not someone who you will necessarily find in the 'public eye' at Augustana, but committed none the less."

Given every year to a student who has discharged exemplary services to Augustana, Heather Roxanne Huber Memorial Award was created by the Augustana Students Association in memory of Roxanne

Huber, who gave outstanding services to Augustana during her one year as a student.

The Betty Ostenrud Award was created by the Augustana Students' Association in honor of Betty Ostenrud, who demonstrated exemplary service to Augustana. It is given annually during the students' leadership reception to recognize both faculty members and staff who have given outstanding services to the students and Augustana.

The Betty Ostenrud staff award went to Valerie Bailey, a staff member at the Augustana Campus. The

award was presented to her by Makrina Scott, Augustana Students Association VP for Communication and External Affairs. Scott described Bailey as "An outstanding person, who demonstrates commitment to [her] department and Augustana. This individual works with creative energy and gives every project their best effort." Scott said Bailey had been described by her peers as a person whose "imagination and ability to project, anticipate and work to avoid problems and see all activities to completion, generates

confidence throughout the department.

The Betty Ostenrud faculty award went to Augustana Coaching staff and was presented by Kelsey Rabin, Augustana Students' Association VP for Finance and Operations.

On announcing the award, Rabin said that she was delighted to "present the Betty Ostenrud Faculty Award this year, to not one individual but to a group of deserving individuals." The recipients included Gary Snyder, Jacqueline Akerman, Cheryl Corrigan, David Drabluk, Joan Skinstad, Tom

Tighelaar, Jordan Tighelaar and Gerhard Lotz. She described them as "not only coaches and teachers, but [also as] drivers, cooks, recruiters and counselors."

"They run daily practices, team meetings, practice plan preparations, mental preparations, dry-land conditions and weight training, and game day arrangements all while managing to keep within their budget," Rabin said.

She described them as people whose "passion and dedication extend far beyond the classroom and far beyond a regular 9-5 work week."

"They are

extraordinary individuals who care about the students [they] work with, and ensure that they are always performing at their best ability."

Laurence Decore Award, an Alberta provincial government award for students' leadership, was bestowed on four individuals who exemplify leadership in their involvement in their communities and Augustana campus. The recipients included Brittany Chappell, Meredith Easton, Ryan Mason and Andraea

*Honors continued page 10*



# Language

## Hei Hei Folkens!

Hei hei folkens! I dag skal vi snakke om Norge. Egentlig ikke Norge, men om norske folkehøyskoler. Nå, hva er en folkehøyskole? Vel, jeg er så glad at dere spurte det! En folkehøyskole er en skole for folk som trenger å prøve noe annerledes. Det er et program hvor det er ingen eksamener og ingen karakterer og folk lærer lag som er ikke på universitene. Folk velger et linjefag som er vanligvis et helårskurs. Fagene varierer fra skole til skole mellom språk for utlendinger og fotball og synging. Hvor linje drar på en studietrue til et annet land hvor de deltar i noe aktiviteter som gjelder fagene. I tillegg til

linjefag er det mange valgfag som skifter igjennom året, slik som fotografi, matlagning, friluftsliv og mange andre.

Jeg gikk på Haugetun Folkehøyskole i Fredrikstad i fjor for norske språk og kultur. Jeg var i en klasse med omtrent ti andre elever og alle av oss var utlendinger. Hver morgen hadde vi i norskklassen time hvor vi lærte å snakke, skrive og lese norsk. Vi hadde også valgfag og sangtimer på ettermiddagene.

Men, det er nok om skolelivet. Internativt er kanskje den best delen av folkehøyskolen. Det er mange forskjellige

aktiviteter som folk kan gjøre, og folk får mange venner fra et år på folkehøyskole. Elever spiser sammen, spiller og leker sammen, og sover sammen. Man former et felleskap med alle de folkene og det er nesten som en stor familie.

På Haugetun hadde vi en miljøarbeider som organiserte mange aktiviteter og turer for oss. Vi dro til Sverige mange ganger for å handle og vi gikk på ski og klating og andre ting. Vi hadde mange fester som hver klasse hadde planlagt. Vi hadde konserter, videospillkonkurranser og så på mange, mange filmer. Jeg lærte mye i klassen min, men jeg tror at jeg lærte mest i fritiden

hvor jeg kunne snakke norsk med vennene mine og lære å ha en virkelig samtale. Jeg lærte fra mange forskjellige dialekter. Det er ikke noe at man kan lære i et klasserom. Pluss, nå har jeg mange venner som snakker norsk, og kan hjelpe meg til å bli bedre på det.

Folkehøyskole er et veldig godt valg for noen som ikke vet hva de vil gjøre. Det er en sjanse for mennesker til å lære mer om hvem de er og få praktisk erfaring. På folkehøyskoler, kan man møte folk fra hele Norge og hele verden. De kan lære ting man ikke kan få på et annet sted.

*-Erika Heiberg*

## Einige Gedanken

Das Schönste, was es in der Welt gibt, ist ein leuchtendes Gesicht.

*-Albert Einstein*

Frühling, Sommer und dahinter Gleich der Herbst und bald der Winter - Ach, verehrteste Mamsell, Mit dem Leben geht es Schnell.

*-Friedrich v. Schiller*

Jugend, ach! Ist dem Alter so nah! durchs Leben verbunden, Wie ein beweglicher Traum Gestern und Heute verband.

*-Johann Wolfgang v. Goethe*

Als du auf die Welt kamst, weinstest du, Und um dich herum freuten sich alle. Lebe so, dass, wenn du die Welt verlässt, Alle weinen und du allein lächelst.

*-Östliche Weisheit*

## L'étiquette

*De Martine Gingras*

C'est tiré de la page de linguistique du magazine du journalisme québécois, le 30, de juillet-août 1994.

Gentle cycle (étiquette d'une chemise): Aimable bicyclette.

Made in Turkey (étiquette d'un chandail): Fait en Dinde.

Ozone Safe (étiquette d'une bombe aérosol): Coffre-Fort d'Ozone.

Luxury in the Bathroom (étiquette d'une éponge luffa): Luxure dans la salle de bain.

Fertilize sparingly (notice accompagnant un cactus): Fumer modérément.

Tighten the nuts (notice technique): Serrez les noix.

Crane Seat Washer (emballage d'une rondelle d'étagère): Rondelle pour laver les sièges de grues.

It is valid if the stapler is accidentally damaged or abused (emballage d'une agrafeuse): Cette garantie est nulle si l'agrafeuse est par hazard brisée ou maltraitée.

## ¡Hola Todos!

¡Hola todos! No tengo ganas de estudiar el imperfecto de subjuntivo. ¡prefería tener una noche de descanso, escribiendo sin diccionario, sobre la perspectiva de una extranjera en Xela! ¡Espero que tenga sentido, discúlpame, por favor, si no!

Quetzaltenango (Xela) es la segunda ciudad más grande de Guatemala. Hay muchos viajeros acá, para estudiar en las escuelas de español, y hacer trabajo voluntario. Xela es una ciudad muy interesante por la mezcla de guatemaltecos urbano, los quien practican las tradiciones maya, los ladinos, y los extranjeros.

Hay muchos escuelas acá para estudiar las lenguas de Guatemala; la mayoría enseñan español pero hay escuelas de K'iché y Mam también (las lenguas Maya más común en esta región). Generalmente las escuelas cuestan 100-150 dólares mas o menos, cada semana. Si quiere incluir un cuarto y comida con una familia, y actividades sobre la cultura, historia, y medio ambiente de Guatemala. Muchos de los maestros saben mucho de la historia y cultura de su

país, y muchos maestros son estudiantes también; enseñan por los días, y tienen clases por las noches y Sábados. Por eso puede aprender cosas muy específico, muy interesante. Por ejemplo, una de mis maestras estudia para abogada-discutimos en mis clases la pena de muerte en Guatemala, y adopciones internacional.

Si estudia por los mañanas, puede buscar trabajo voluntario o trabajo pagado por las tardes y noches. Hay cada tipo de organización puede imaginar aquí en Xela. Buscan trabajadores con variado tiempo para cometer, y variado niveles de español. Estoy trabajando con "La Pedra" y "manos de colores". Los dos proyectos hacen la mayoría de sus programas por las tardes. Otras organizaciones conozco incluye "Nuevos horizontes", la única refugio para mujeres y niños en Guatemala, una escuela gratis se llama "Escuela de la Calle", una clínica de salud muy fantástica "Primeros Pasos", y una colectiva de mujeres "trama textiles", donde enseñan tener tradicional y vender traje típica y artes.

Hay una oficina aquí (y tiene una Cita Web también) "Entre Mundos", ayuda con buscar organizaciones, y aprender de los temas importante en Xela y Centroamérica, como El Plan PuebloPanamá, y inversión transnacional.

Si quiere trabajar en restaurantes o cafés por poco dinero, o como un director internacional por escuelas de español, ¡casi cada una en el centro quieren trabajadores extranjeros!

Xela es una ciudad tan grande- hay 110.000 personas aquí mas o menos, pero se lo dividió en 'zonas'. Donde yo vivo, en un restaurante en zona 1, hay el parque central, mercados, y la mayoría de las escuelas, restaurantes, y oficinas de organizaciones voluntario.

Para divertirse en Xela hay varios cosas que puede hacer. Hay museos, hay clases de yoga, capoeira, salsa y merengue. En la próxima Puebla, Zunil, hay "Fuentes Georginas", baños caliente naturales en las montañas. Hay muchos actividades que benefician proyectos sociales también. Hay los clases de tejer con "trama textiles". Hay caminatas en las montañas con "Los

Quetzaltrekkers' (benefician 'La Escuela de la Calle'). Manos de Colores tienen clases de cocinar la comida típica' cada semana. Café Conciencia tienen viajes a fincas cooperativas de café y banano. Si quiere festejar, hay 'beneficios' casi cada semana, con tomando, bailando, y las organizaciones gana el dinero de los bebidas y de la puerta.

Si quiere escaparse, hay caminatas bonitas en las montañas alrededor de Xela. Puede ver volcanes y bosques muy bonito, muy tranquilo. También el Lago de Atitlán, una lugar increíble, es cerca de Xela, como 3 horas en bus, y allá puede caminar en las montañas, nadar, o kayakar.

Por fin, si quiere estudiar español y aprender un poco de la cultura de Guatemala, Xela es, creo, una lugar para empezar bien. Lo disfruto por la gente amable, la clima agradable, y la mezcla de culturas bonitas. ¡y si venga antes el fin de junio, prometo ayudarse con conociendo Xela! Si quiere, preguntame a la Erin de cómo fue Guatemala.

¡Saludos y abrazos! Tif.

# Writers' Corner

## There is a Highway Running

There is a highway running  
thru the territory of rural Alberta  
with a dead rodent  
being continually run over.  
A Cadillac!  
Oh! A Ford!  
Pressed closer to the surface  
sinking deeper into the pebbles of the asphalt.

And two men sit in the kitchen  
of a house, on a property that borders  
this highway in the  
territory of rural Alberta.  
Their grey eyes, ashen  
so as to appear white, seeking out the window,  
framed by curtains of purple  
and brown trim, that find  
the rodent on the highway.  
The cars continue to impress the rodent.  
The men continue to watch they slouch in their chairs.

They have on dirty coveralls,  
dirt under fingernails that press on  
white mugs with black coffee.

The two are blue.  
The words in the air between them are the colour of sod.  
The curtains purple, the walls dull.  
The blackness is no longer a contrast in the whiteness and  
the men stand as syrup drains.  
The fields are full and the rodent's dead, and the cars continue by.

-Iain McPhail

*Credit continued from page 2*  
An article in the Gateway criticizing Dare to Deceive group, cited their militant approach as reason why it has received fewer members compared with Return Credit Card Tuition Payment. The author, Sean Steels, cited the group aggressiveness as the reason he didn't join them.

"The reason I chose not to join Dare to Deceive and instead joined the other credit card protest group is because of the aggressive stance the former has taken towards the University," he wrote. Steels stressed that Dare to Deceive approach "might create an ambience of revolution, upheaval, and '60s-era passion for change, but the years of flower-power are dead, along with the politically ineffectual shoelace hippies that championed them."

He stated that problems such as the decision by the

University to do important things without students' consultation cannot be solved through the approach taken by the Dare to Deceive. He said, "Instead, we should be rallying ourselves around a positive, constructive voice for change and looking for ways to co-operate with the University in order to ensure that things like the cancellation of floor coordinator elections in Lister and the removal of credit card payment options without student consultation never happen again."

Explaining the decision, Phyllis Clark, the university's vice-president for finance and administration was quoted as saying that \$1.3 million used for delivering credit cards services would be used to deliver other services such as "putting professors in classrooms and information technology initiatives."

The university explained that there are many other convenient

payment options still available for tuition payment. These included internet banking, telephone banking, cheque, cash, international wire, on-line debit card and in-person debit card payments.

The discontinuation of use of credit cards for tuition payment will be effective on July 1, 2008.

*Trade continued from page 3*  
selling the things like coffee that we enjoy every day, deciding if we agree with them personally, is the next step, and a step that really does make a difference to somebody. And there are plenty of options to check out in downtown Camrose! The fine chaplaincy folks sell St. City Roasters right on campus. Fiona's, Co-op and Nutter's all have good selection in fair trade coffee and even some tea, chocolate, spices and gifts.

Of course, despite the length of this article,

## Untitled

You gaze into the mirror  
But never really see  
What it is you have become  
Your simple reason to be.  
The face that's looking back  
Is not the one you knew  
Its full of scars and blood  
And dyed a pale blue.  
You try to hide the pain  
That lingers in your eyes  
That never used to be there  
Now exists under your skies.  
A hurt that goes so deep  
Soaks into all you do  
And fills your entire being  
Becoming part of you.  
Disgust fills your head  
As you look at your reflection,  
Now you see that what you are  
Is only an infection.  
It now becomes apparent  
That this is where it ends  
Now you can no longer infect  
The world from which you descend.

-Lindsay Nadeau

## The End

The end, the end  
The beginning's at the end  
Time is not ours alone, wastage is not its intent  
When you think you just begun, just remember this y'all  
The end's at the beginning, and the beginning's at the end

I mustn't have to spend  
So much aim on aimlessness  
The clock goes "tick tock", and time goes where? Who knows?  
Shall we study or shall we play? The decision is mine today  
What shall I do, what shall I say? I must decide before I turn gray

So much money and yearly stipend  
We decide how this episode is going to end  
The goal is in sight, and books in my head  
Shall I do my school work now, or hang out with friends?  
It all hangs on my will, on my choice it depends

What else must I do to get ahead?  
What must I do to refresh the end?  
I could run faster and try to get there quicker  
Put the painful clock on hold, and get there smoother  
But time doesn't work like that, the beginning's at the end

"But spend I must to get ahead"  
One dead guy in history must've said  
Whether he did or didn't, this is not plagiarism- You heard?  
This is a deciding time, it seems a season  
But to be honest, choices are forever, so it isn't

Now read the first of every line over again  
Contemplate what I said inside of your head  
Do you work 'cause you spend, spend, spend  
To lose or win is in your hands in the end

The Beginning.

-Sam Adimora

## Days Go By

People come and people go and friends do not stay the same.  
The times, they change, they ebb and flow  
The more you live  
The more you know.

-Anonymous

*Honors continued from page 8*  
Sartison.

Melanie Millang, an Augustana student chaplain, who presented the award to Ryan Mason, described him as "not only a key leader on campus, but a dear friend to many." Millang praised Mason as a person who "consistently displays superior judgment beyond his years, great courtesy to his fellow students and a strong concern for the state of the world." She

there's a pile of information I couldn't cram in. So check out the websites in the box (page 3).

described him as a person who has worked hard "to build and maintain a community that encourages an acute awareness of our responsibility to our surroundings."

Apart from being a strong voice of the Green Campus Committee, Habitat for Humanity volunteer, hall coordinator, and recent participant of Model UN in New York, Millang said Mason also helped found the Augustana Gentlemen and Ladies Society, which she said painted Murray Bridge

and invited Leroy Johnson to speak on campus.  
Tara Blizard, a student residence

assistant and the one who presented the Laurence Decoré Award to Meredith Easton, described her as a person who is "always around to talk, answer, question, and unlock doors when people locked themselves out, even more impressive, that she put up with all of the craziness that was Hoym 2."

Nicole Lorenz and Garrett Thorson presented award for Brittany Chappell and Andraea Sartison respectively.

Mark G. Chytrake, Director of Student and Residence Services, served as master of ceremony during the leadership reception.

# Professor Profiles: Robert Kell



*What do you teach at Augustana?*

Currently I teach Exercise Physiology, Human Physiology I and II, and Advanced Exercise Physiology. In fall 2007 I taught a Research Methods course as well, but I don't believe I will be teaching it again in fall 2008. However, Human Anatomy labs have been added to my teaching load for this upcoming academic year.

*What made you first think of becoming a professor?*

There were approximately three events that lead to my vocational choice. As a student I enjoyed the academic environment and the teachers that I had courses with. They were always very helpful and interesting to speak

with. It seemed that they were excited about their occupation and found it very rewarding. At one point during my undergraduate education a professor offered me an opportunity to assist with some research. I enjoyed the experience greatly, and became further involved. Later I volunteered in a cardiac rehabilitation program and had an opportunity to apply some of the theory I had learned from lecture to everyday life, which again was interesting and motivating. I guess these were the points that directed me to academia, the environment, research, and the application of theory to practice.

*What is the best/worst part of being a prof?*

The best part of being a prof, I don't know if I can boil it down to one factor, so I'll list a few. I enjoy interacting with the students. I find that I always come away having learned something or having my perspective changed; I still like to learn so that's important to me. I find teaching rewarding, and a great venue to discuss what I have learned through my research. I find it interesting to conduct research, to take a theory and put it to the test, see if it holds up. I would say the worst part of being a prof is multitasking. I don't enjoy juggling 4 or 5 very different tasks at once, but I don't think were the only profession that involves multitasking, so I can't complain too much.

*If you had to be something other than a prof, what would it be?*

Maybe a professional tennis player, maybe. However, more realistically, I think a biomedical engineer working in the area of automobile crash testing, crash/automobile safety.

*What do you want your students to know about you?*

I would like them to know that I understand the demands of being a student, which I realize is made more challenging by working to make ends meet or competing in a sport. I think that sometimes students

forget that I was in school for a long time and quite vividly remember the experience.

*Are you married? Have kids? Pets? Hobbies?*

Yes, I'm married. I've been married for about 5 years, and we (Melanie and I) just had our first kid (Isabella) born a few weeks early on December 21<sup>st</sup>. For those of you who know me, I did get married late and had a kid even later. My parents remind me of these facts whenever the situation presents itself. However, in my defense I don't like to rush. You (a person) know when it's time to do something, and not until it's time. We have no pets. My hobbies, in no particular order, are running, resistance training, maintain bike riding, reading, and relaxing in the ocean (I hate the cold). I like to swim and deep sea fish.

*What inspired some of your courses?*

My courses in general are inspired by the belief that health is very important, and that we (people) have a

significant influence over our health. We need to realize, and teach others, that we should try and make sound decisions to ensure that we have an opportunity to lead a fulfilling life. Each day we make many decisions that impacts our health, some negative and some positive. Hopefully the positive decisions will outweigh the negative decisions. We need to get everything out of life the first time through. You only get one shot at it, no do-overs.

*What are some of the changes you've noticed around Augustana Campus, and where do you think we are going or should go?*

Well, I've been here only a short time (8 months) and there have been a lot of changes, e.g., new library, Edgeworth Centre, etc. I don't know exactly where we are going, but I think the changes I've seen thus far are good ones. However, as I mentioned before, personally I don't like to rush into change for the sake of change. Change will take place when it's time. When that time comes we'll (Augustana) know what to do, and make the best decision

possible.

*If you could force every student to take one of your classes, what would it be? What's the most important thing you teach?*

That's a tough one. I guess it would be Human Physiology I as it is the basis for understanding how we (as humans) function. However, a class that I believe is really important is Health and Lifestyle. Currently, I don't think we offer a course at Augustana like this. A Health and Lifestyle course presents topics ranging from cancer to physical activity. It sets the basis for understanding personal health and health related issues, and how environment and genetics interact to make us who we are. What we can influence and what we cannot influence. I believe a course like this is important. What I have done since arriving at Augustana is discuss some of the same concepts in the courses I teach. It's just another way of delivering the information.

*Water*  
continued from page 2  
Sulphur Mountain. So since we have realized that the snail is so sensitive, all human use of these natural springs has been banned. In fact under the Parks Canada Act, persons found in these hot springs can be fined up to \$2000 for taking a dip in these "hot waters". In my opinion, this fine is a very small punishment for the possibility of killing an entire species.

The good news is that the years of human use didn't completely wipe out this little guy, and he still swims in the original waters that made Banff National Park a holiday destination. In fact, this summer when you are in Banff National Park you



Ryan shows his love

can venture to the National Historic Site of the Cave and Basin (located just within the town limits of Banff) to see the snail yourself. I have had my nose inches away from this

endangered species on more than one occasion. So take the time to visit this little guy, for you never know how long he will be able to survive in these "hot waters".

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# Quote of the Month

"Because we do not know when we will die we get to think of life as an inexhaustible well. Yet everything happens only a certain number of times, and a very small number, really. How many more times will you remember a certain afternoon of your childhood, some afternoon that's so deeply a part of your being that you can't even conceive of your life without it? Perhaps four or five times more. Perhaps not even. How many more times will you watch the full moon rise? Perhaps twenty. And yet it all seems limitless."

-Paul Bowles, "The Sheltering Sky"

# Photo of the Month



Last Supper Re-Enactment  
from last year

Send in your zany, crazy, or other miscellaneous photos to  
have them featured on the back of next year's Dag!